

SurnaCare Launches AI-Powered Postpartum Companion Built Entirely Around the Mother

SurnaCare launches an AI-powered postpartum platform supporting maternal wellness, recovery, and emotional well-being throughout the first 12 weeks after birth.

CAMBRIDGE, MA, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- SurnaCare, a maternal wellness technology company founded by Hellen S. Momoh, today announced the launch of its [postpartum wellness platform](#), the first AI-powered companion designed entirely around the mother's experience in the weeks and months after birth.

While most digital health tools focus on the newborn, SurnaCare was built around a different premise: that the mother, who has just experienced one of the most physically and emotionally demanding events of her life, deserves the same level of attention, intelligence, and care.



A photo of a mother holding her child

The Gap No One Was Filling

Between hospital discharge and the standard six-week postpartum checkup, millions of mothers navigate recovery largely alone. Postpartum depression affects approximately one in five women. Postpartum anxiety is even more common. Yet the default system offers a single 15-minute appointment — weeks after the hardest period has already passed.

SurnaCare was built for the 12 weeks in between.

"Postpartum care should not feel like a six-week waiting period where a mother has to navigate everything on her own," said Hellen S. Momoh, Founder and CEO. "We built SurnaCare around the idea that the mother deserves to be seen, heard, and supported throughout that transition

not only when something has already gone wrong."

What SurnaCare Does

At the center of the platform is SURA — an AI companion that learns each mother's patterns over time and responds to who she actually is, not a generic postpartum template. Surna draws from mood check-ins, journal entries, baby data, self-care activity, and behavioral signals to build a longitudinal picture of each mother's recovery — and speaks to her from that knowledge.

The platform includes seven core modules:

Baby Tracker — Feed, sleep, diaper, and growth logging with AI-powered predictions for the next 24 hours. Every baby log answers two questions simultaneously: how is the baby doing, and what does this mean for the mother? If the baby fed nine times today, Surna notices the mother has not eaten. If the baby woke four times overnight, Surna names exactly why today feels harder.

Wellness and Mood — Daily mood check-in with Surna's contextual follow-up. The experience engine routes each mother toward breathing, sound, movement, or grounding based on how she is actually feeling — not a generic recommendation.

AI Journal — A private journal only the mother reads. SURA responds after every entry with a reflection specific to what was actually written. Over time, she tracks the emotional arc and marks the moments that mattered.

Self-Care Coach — Nine clinically informed daily tasks adjusted for birth type and recovery stage. On hard days, Surna quietly reduces the list. On C-section recovery days, the tasks reflect the actual clinical timeline — not aspirational wellness advice.

SURA AI Companion — Cross-module intelligence that synthesises baby patterns, mood history, journal sentiment, and behavioral signals into a single longitudinal understanding of this mother. Every Sunday, Surna writes her a personal letter — not a summary, a reflection — from everything she watched her carry that week.

Village Community — A peer community of mothers at the exact same postpartum stage. Day-matched circles. Anonymous posting. And a reaction that replaced the generic like: "I was there too."

Partner Module — Daily guidance delivered to the mother's partner — what to ask, what to do, who to be — calibrated to where she is in her recovery. Her private data is never shared. Surna translates. The partner shows up without needing to be directed.

The Features That Define SurnaCare

The 3am Protocol. When a mother opens SurnaCare between 1am and 4am, Surna does not ask her to log anything. She says: "You don't have to be okay right now. I'm just here." Then she shows her how many other mothers are also awake at this hour.

The Weekly Letter. Every Sunday, Surna writes each mother a personal letter based on what she actually wrote and logged that week. Mothers describe it as the first time something noticed what they were carrying. Many send it to their partners.

The Unseen Things. Once a week, Surna asks the question nobody else is asking: "Did anyone check on how you were doing this week — not the baby. You."

About SurnaCare

SurnaCare is a maternal wellness technology company focused on supporting mothers throughout the postpartum period. Its platform combines baby tracking, wellness monitoring, journaling, AI-powered support, self-care guidance, peer community, and partner resources in a single intelligent experience — built entirely around the mother. SurnaCare was founded by Hellen S. Momoh and is headquartered in Cambridge MA.

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